

# VT MUNCH TIMES

## Coming to a Tray near You!

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1/06/15

*A monthly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include USDA Policy updates, a fun nutrition fact, and up-to-date resources for the coming weeks. Look for these updates once a month!*

### **Munch on this:**

#### **Policy Update: On-site Review & Assessment of the Meal Counting and Claiming System**

School meals program regulation 7 CFR 210.8(a)(1) requires each School Food Authority (SFA) to annually review the meal counting and claiming process at each of its schools. This includes SFAs with Food Service Management Companies. It is due soon: January 31<sup>st</sup>, 2015. This is to ensure free, reduced and paid lunch counts are accurate. SFAs must conduct the review at each of its sites and keep the review forms on file for the Administrative Review conducted by the State Agency. Please use the On-Site Review Checklist, available from the Vt. AOE at: [http://education.vermont.gov/documents/EDU-Child\\_Nutrition\\_Onsite\\_Monitoring\\_Form.pdf](http://education.vermont.gov/documents/EDU-Child_Nutrition_Onsite_Monitoring_Form.pdf)

#### **Congratulations: Addison Northwest Supervisory Union & Swanton School District**

Two more Vt. schools have earned national accolades of the U.S. Department of Agriculture's HealthierUS School Challenge (HUSSC). The Vergennes Union Elementary School & Swanton School are commended for the exemplary steps, leadership and team work employed to make changes to their nutrition environment; improve the quality of the foods served; provide students with more nutritious, healthy choices; and, enhance their physical activity program. Vergennes Union Elementary School & Swanton School will receive a HUSSC award plaque, a banner to display, and a monetary award based on their award level. Vergennes earned \$500 for their Bronze award and Swanton earned \$2000 for their gold award. These schools are now included on the national HUSSC awardees list, available at: [Team Nutrition HUSSC website](#)

#### **HACCP Snippet: Shigellosis- an intestinal disease caused by species of *Shigella* bacteria.**

Shigellosis is typically acquired through food, beverages or swimming pools that are contaminated with *Shigella* infected fecal matter. The main symptom of shigellosis is diarrhea. If a child care staff member didn't wash their hands well enough or at all after changing diapers or helping toddlers with toilet training, and then prepared and served food, that action could transmit *Shigella* bacteria. Infected people who handle food can transmit the bacteria to people who eat the food. To help prevent Shigella:

- Wash hands with soap carefully and frequently, especially after going to the bathroom, assisting young children with bathroom needs, and before preparing foods or beverages
- Do not prepare food for others while ill with diarrhea; stay home from work if ill and suffering with diarrhea.

See: <http://www.foodsafety.gov/poisoning/causes/bacteriaviruses/shigella/>

Source: Nancy Lewis

### **Trainings & Events:**

#### **ServSafe® Managers Training for Child Nutrition Staff**

The Agency of Education is partnering with the Vermont Foodbank to offer ServSafe® Managers Training and certification for school food service and child care food service managers and staff. This food safety training will take place at the Agency of Education offices in Barre, on Wednesday, February 4 from 8am-4pm. The Vermont Foodbank is offering this training for \$80 per person, which includes the ServSafe® book, training, and the certification test. The certification is good for 5 years and is nationally recognized across the food service industry. To register for this training, visit: <https://give.vtfoodbank.org/course-catalog>.

#### **Trainings of the Month: At Child Nutrition's Barre office and elsewhere by video streaming**

February 12, 2015, 2-4pm ~ **Successfully Applying for an Equipment Grant**

March 11, 2015, 2-4pm ~ **Mini-Manager Series: Production Records\***

April 8, 2015, 2-4pm ~ **Are You Ready? Disaster Planning & Food Service**

May 15, 2015, 2-4pm ~ **Mini-Manager Series: Inventory\***

Register online at [https://creator.zoho.com/cheryl\\_4.3.68/child-nutrition-programs-training-of-the-month#](https://creator.zoho.com/cheryl_4.3.68/child-nutrition-programs-training-of-the-month#)

*\*The Mini-Manager Series is a selection of modules from the "School Nutrition New Managers Training" taught annually at Summer Institute – new managers and current managers are all welcome to attend.*

### **Recipes: Recipe of the Month: Mashed Parsnips and Potatoes**

Yield: Approximately 50 ½ cup servings

#### **Ingredients:**

6 lbs parsnips

9 large russet potatoes

6 Tbsp. unsalted butter

6 Tbsp. milk

Salt and pepper, to taste

Optional: Nutmeg, to taste

#### **Directions:**

1. Wash veggies. Peel and cut potatoes into ¼ inch pieces. Chop parsnips into ½ inch pieces.
2. Cover potatoes with cold, salted water in a large pot, and bring to a boil. Boil for 5 minutes.
3. Add parsnips and boil until vegetables are cooked through, about 15-20 minutes. Drain and return to pot.
4. Shake pot over hot burner to dry vegetables slightly. Add butter and milk. Mash with potato masher to desired consistency, then add salt and pepper (and nutmeg, if desired) to taste. Serve hot.

Source: Windham Country Veggie of the Month

## Resources:

Harvest of the Month by [Green Mountain Farm-to-School](#), [Food Connects](#) and [Upper Valley Farm to School](#):



January's Harvest of the Month is Parsnips. Parsnips are a member of the carrot family, which comes as no surprise when you look at the resemblance in size and shape. Our northern climate in Vermont is great for producing parsnips! Here, they can grow to the size of large carrots and are enjoyed for their nutty, slightly sweet and spicy flavor. Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at [www.VermontHarvestoftheMonth.org](http://www.VermontHarvestoftheMonth.org)

Find loads of resources and training opportunities on everything from regulations to recipes to nutrition education at:

1. [National Food Service Management Institute](#)
2. [School Nutrition Association](#)
3. [GCF Global Learning](#)
4. [School Meals Vermont](#)
5. <http://www.johnstalkerinstitute.org/resources.htm>
6. **New:** [Online Knife Skills Class](#)

## USDA Foods Fact Sheets

This is where you can find nutrition information, as well as product descriptions, storage info, and preparation/cooking instructions for all USDA Foods. <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

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Disclaimer: *VT Munch Times* provides general information to assist Vermont sponsors of the U.S. Department of Agriculture (USDA) Child Nutrition Programs. It does not represent all federal and state requirements and regulations regarding the operation of USDA school nutrition programs. The inclusion of links to external Web sites does not constitute an endorsement by the Vermont State Agency of Education to the information, products, services or opinions contained therein

VT Munch Times is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Dan Lynch, Child Nutrition Consultant, at (802) 479-1193 or [dan.lynch@state.vt.us](mailto:dan.lynch@state.vt.us)

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